

THE LINKS IN THIS ARCHIVED BREAKING NEWS HAVE NOT BEEN CHECKED

Archived 23/9/2010

23/7/2010 "The General Manager of Food Standards Australia New Zealand doesn't think food colourings have an 'impact' on behaviour?? Maybe you need me to send my daughter over with a pack of red frogs!" - from an open letter to authorities who allow artificial colours in Australia. You too can email politicians, and this is a good time to do it. [See the Red Frog Letter](#)

19/07/2010 Nestlé Smarties and Allens Freckles now free of artificial colours. Contrary to what was ascribed to me by media on 18/7/10, there are no artificial colours in these products now. Artificial colours were removed from Smarties in 2008, and a reformulated Freckles range which no longer contains artificial colours has recently been released, although there may be some of the old formulation still on shelves. My apologies for any confusion - Sue Dengate

Artificial colours pose risks of cancer, hyperactivity in children, and allergies, and should be banned, according to a new report by the Center for Science in the Public Interest. A top government scientist agrees, and says that food dyes present unnecessary risks to the public. See Food Dyes: A Rainbow of Risks <http://www.cspinet.org/new/201006291.html>.

From July 21st 2010, a warning about artificial colours: "may have an adverse effect on activity and attention in children" must be used on foods in the EU. <http://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2008:354:0016:0033:en:PDF>. This warning is not required in Australia where it is still up to parents to read labels.

LINKS:

List of the 46 colour additives permitted in Australia by name and number with problems highlighted - <http://www.fedupwithfoodadditives.info/information/additivesall.htm>

Details of artificial colours restricted or banned overseas -

<http://www.fedupwithfoodadditives.info/factsheets/Factcoloursworld.htm>

List of 1154 foods in Australia that contained artificial colours last summer -

<http://www.fedupwithfoodadditives.info/features/colours/colourfoods.htm>

Media response to CSPI Report on 18 July 2010

<http://www.adelaidenow.com.au/news/south-australia/cancer-risk-found-in-food-colourings/story-e6frea83-1225893418510>

<http://www.dailytelegraph.com.au/news/sunday-telegraph/fear-for-kids-as-colouring-linked-to-cancer/story-e6frewt0-1225893356708>

<http://www.couriermail.com.au/lifestyle/alarm-over-cancer-risk-from-colours-in-common-foods/story-e6frer4f-1225893271520>

SPC PEARS IN SYRUP - Calling all failsafers: SPC intend to phase out their tinned pears in syrup unless they hear from enough failsafers. Many shelves are already empty. If you want this product to continue, please email Cara (cara.oneill5@gmail.com) with your first name and postcode as soon as possible so we can get a petition together. The company tells us this is all that will convince them. Thanks, Sue Dengate

July 2010 - BPA phase out announced: baby bottles containing bisphenol A (BPA) - a chemical linked to endocrine disorders and breast cancer - are to be phased out in Australia. Canada, Denmark and France have already announced similar bans.

<http://www.smh.com.au/national/cancerlinked-baby-bottles-on-way-out-20100630-zmvs.html>.

Confidential emails revealed that Australia's food regulator discussed hiding from the Federal Government international warnings about a potentially dangerous chemical (BPA) used in plastic bottles.

<http://www.dailytelegraph.com.au/news/sunday-telegraph/the-poison-fed-to-our-babies/story-e6frewt0-1225887506944>.

New factsheets: [Tantrums](#) [Cats, dogs and food additives](#)

Updated factsheets: [Autism](#) [Birthdays](#) [Headbanging](#) [Arthritis](#) [A2 milk](#)

[What are salicylates?](#) as seen on Channel 7 National News

Latest [Failsafe Newsletter #64 April – June 2010](#)

May 2010: [Network submission to the Australian Review of Labelling Policy](#) – this is the response from many members to the Issues paper sent out by the Review. Thanks to you all for your input. We are seeking ALL additives to appear on labels (no 5% label loophole), the use of numbers rather than confusing names, and warnings about sulphites and colours.

Archived 21/6/2010

Latest [Failsafe Newsletter #63 January – March 2010](#)

Updated factsheets: [Depression](#) (see new video)
[MSG](#) (monosodium glutamate)

Review of food labelling in Australia and New Zealand: watch out for public consultation in capital cities from mid-Feb to mid-May so you can attend and lobby. You can read our Network submission at <http://www.fedupwithfoodadditives.info/support/FINLabelsSubmission01.pdf>.

Archived 9/2/2010

December 2009: Submission to FSANZ [opposing extension of use of artificial red colour Erythrosine 127](#) (Application A603) (December 2009)

December 2009: Success! McDonalds remove annatto (160b) from soft serve mix in Australia: "Sundae without Topping" now appears to be suitable for many failsafers (contains milk; traces of gluten and sulphites). You can ask for a plastic cup instead of the cone which contains artificial colour Sunset Yellow (110). Our campaign The Great Macca's Experiment concerning the effects of annatto is now abandoned :-). Feedback welcome.
<http://mcdonalds.com.au/sites/mcdonalds.com.au/files/images/Ingredient-Listing-17-November-2009.pdf>

November 2009: ADHD guidelines blocked. The release of controversial guidelines on ADHD have been stopped by the Australian Federal Government following the revelation that seven of the 10 people in charge of setting the guidelines had financial links to firms who make ADHD drugs and one psychiatrist, whose research into anti-psychotic drugs helped form the guidelines, is under investigation in the US for allegedly failing to declare \$1.6 million in payments from drug companies. <http://www.dailytelegraph.com.au/news/national/adhd-guidelines-pulled-after-payment-scandal/story-e6freuzr-1225801902002>

Diet could be the key, not drugs <http://www.news.com.au/story/0,,26386783-421,00.html> – the experience of the majority of Network members is that food intolerance is frequently misdiagnosed as ADHD, although some children appear to need medication. FIN's July 2008 submission on these ADHD guidelines, meticulously researched and referenced, has never even had the courtesy of an acknowledgement from RACP:
<http://www.fedupwithfoodadditives.info/support/ADHD07.pdf>

November 2009: thanks to everyone who helped Sue Dengate reach the finalists in the **Australian of the Year awards**. While not winning, the nomination helped raise the profile of food intolerance everywhere. Photos of Sue receiving her finalists award from the Deputy Premier of NSW, and her support at the ceremony: Jenny Ravlic and Kathleen Daalmeyer of Additive Education in Melbourne, husband Dr Howard Dengate, and long-term failsafe contact Sheryl Sibley from Canberra.



November 2009: thanks to everyone who helped the Network make a great submission to the Review of Food Labelling Law and Policy currently underway for Australia and New Zealand. You can read the [policy](#) and [attachments](#).

Latest [Failsafe Newsletter #62 October – December 2009](#)

New factsheet: [Failsafe birthday parties](#)

New factsheet: 249-252 [Nitrates, nitrites and nitrosamines](#)

Archived 23/11/2009

New talks by Sue Dengate in November

Bellingen NSW Mon 23 November 10.00-12.00am: Sue Dengate chatting with the Bellingen Baby Pre and Post Natal Support Group, CWA Rooms, Bellingen. Enquiries Mieke 02 6655 2992

23 October 2009 Review of food labelling in Australia announced: the long-awaited review of food labeling is underway – if you want to have issues raised by the Network, please email Howard at confoodnet@ozemail.com.au. A draft of our submission, due by 20 November (!) will be circulated to all email support groups for comment later. Media release: [Groups welcome food labelling review: call for better labeling](#) (26 October 2009). Government announcement: <http://www.foodstandards.gov.au/newsroom/mediareleases/mediareleases2009/23october2009jointcommunicationaustraliaandnewzealandfoodregulationministerialcouncil/index.cfm>

Archived 5/11/2009

Online survey extended to 31 October 2009: this Central Queensland University survey by Dr Karena Burke is about choices people make about their food - please help make food intolerance and allergy issues better known in just 20 minutes: <http://ssiweb.cqu.edu.au/food/foodlogn.htm>

3 October 2009 articles on that black form of MSG

<http://www.smh.com.au/national/kraft-spread-saga-gets-ironic-20091002-ggj0.html>

<http://www.johnkaye.org.au/media/kraft-youve-dropped-the-bad-name-now-drop-the-bad-fat>

13 September 2009 articles on why we still allow food colours here that are banned in Europe

<http://www.dailytelegraph.com.au/news/banned-in-europe-but-well-eat-it/story-e6freuy9-1225772226152>

<http://johnkaye.org.au/media/nsw-kids-let-down-by-weak-food-laws>

Effect of childhood diet on adult violence: children who eat sweets and chocolate every day are more likely to be violent as adults, according to a Cardiff University study in the British Journal of Psychiatry. Researchers looked at data on almost 17,500 people and found that 69 per cent of the participants who were violent at the age of 34 had eaten sweets and chocolate nearly every day during childhood, compared to 42 per cent who were non-violent. As BBC online reader Yachydda from Wrexham commented: "Sweets themselves do not have an effect on making a child violent, but E-numbers do ..." <http://news.bbc.co.uk/2/hi/health/8281147.stm>

Keep in touch with Sue on the talks tour:

<http://www.facebook.com/group.php?gid=128458328536#/group.php?gid=128458328536>

OR [Fed Up Tour August 2009](#)

3/08/2009 Latest [Failsafe Newsletter #61 July – September 2009](#).

See the list of 1154 Australian products containing the Southampton Six artificial colours [here](#). See [details of additives banned or restricted overseas](#).



Six artificial colours, which are being removed from all food in the UK after scientists likened their detrimental effects to those of lead on children's development, are the focus of a new campaign supported by over 100 influential health professionals, educators, food manufacturers and children support service providers.

You can help by signing the on-line petition now! www.additivealert.com.au

Archived 2/10/2009

See also the finalised talks program details

<http://www.fedupwithfoodadditives.info/support/talks.htm>.

August 2009

Bingara NSW Monday 17 August
Warialda NSW Monday 17 August
Inverell NSW Tuesday 18 August
Richmond NSW Thursday 20 August
Killara (Sydney) Monday 24 August
Springwood (Blue Mountains) NSW Tuesday 25 August
Tumbarumba NSW Wednesday 26 August
Albury/Wodonga NSW/VIC Thursday 27 August
Wangaratta VIC Monday 31 August

September 2009

Melbourne (East) VIC Tuesday 1 September
Ballarat VIC Wednesday 2 September
Mildura VIC Thursday 3 September
Bordertown SA Saturday 5 September
Naracoorte SA Monday 7 September
Adelaide SA Wednesday 9 September
Kimba SA Thursday 10 September

Archived 3/08/2009

Asda claims victory in aspartame 'nasty' case: a UK High Court judge has found in favour of the Asda supermarket chain in its court battle with Ajinomoto over food and beverage 'no nasties' labelling. MSG and aspartame giant Ajinomoto launched a malicious falsehood action against Asda last year when supermarket labelling on its 'Good For You' own label food and soft drink products as containing 'no hidden nasties' included aspartame. Calling the judgement "a sweet victory", Asda chief merchandising officer Darren Blackhurst said: "We're in the business of listening to our customers and they've told us loud and clear that they don't want unnecessary, artificial additives in their food." Ajinomoto plans to appeal. <http://www.foodnavigator.com/On-your-radar/Artificial-additives/Asda-claims-victory-in-aspartame-nasty-case>

[Norfolk Island shopping list](#)

July 2009: Fed Up With Sleep Disturbances? The webinar was attended by 95 people including some from Tokyo, Dallas, NZ, Canada, New York, Mumbai and most from Australia. The emails keep flooding in, thanks to Elizabeth Shannon for organizing. Sue Dengate gave a free on-line web seminar on Wednesday July 8 at 7:00 - 8:00pm Australian Eastern Standard Time (AEST) in association with Sleep With The Experts. [Click here for more details and to book for the free webinar.](#)

"Off colour" – watch online a great NZ TV documentary on food colours

<http://www.3news.co.nz/TVShows/60Minutes/60MinutesStoryDisplay/tabid/755/articleID/110224/cat/31/Default.aspx>

A Canadian whistleblower says that if Australians want to eat as safely as Europeans, they need to ban the five major contaminants of modern industrial food production. Visiting microbiologist Dr Shiv Chopra, a fellow of the World Health Organisation and former senior scientific adviser to Health Canada said it was not the job of the public to prove additives are harmful: "The onus should be on the government and big business to prove that these substances are not harmful, because they're the ones who are making money from them. Unless they can prove that these substances aren't harmful, we should be telling our governments that we don't want them in our food supply."

<http://www.theaustralian.news.com.au/story/0,25197,25686749-23289,00.html>

June 2009: SUCCESS! All 14 artificial colours to go. ALDI will become the first Australian supermarket chain to remove six food colours proven to cause hyperactivity and other disorders in children from its range of own-branded products. It is also removing preservatives and a further eight food colourings it has identified as undesirable. "We chose not to wait for it be legislated in Australia as we believe the findings are enough to demonstrate this is the right thing to do," said Aldi Stores managing director Michael Kloeters. He said the colourings would be replaced with natural alternatives or, some cases, "nothing at all".

<http://www.theaustralian.news.com.au/business/story/0,28124,25618332-36418,00.html>

3.28min video interview on nasty additives

<http://today.ninensn.com.au/article.aspx?id=824733>

"Woolworths says it's also been removing these food colourings from their private label products for over a year" from <http://www.abc.net.au/worldtoday/content/2008/s2595445.htm>

The food industry is listening too <http://www.ausfoodnews.com.au/2009/06/11/aldi-to-rid-their-products-of-food-colours-linked-to-hyperactivity.html>

Seeing red over colour additives by Karen Collier HeraldSun
<http://www.news.com.au/heraldsun/story/0,21985,25601761-24331,00.html> and
Over 1000 products with suspect food colourings in Australia by Karen Collier The Daily Telegraph
<http://www.news.com.au/dailytelegraph/story/0,22049,25601116-5006007,00.html>

Archived 28/6/2009

May 2009: It's official: a study of nearly 3000 teenagers at the Centre for Child Health in WA has found that the Western dietary pattern is significantly associated with poor behaviour.

This study showed that foods such as snacks, takeaway food, confectionery, processed and red meats, and other refined foods were associated with increased depression or aggression and that better behavioural outcomes were associated with a higher intake of fresh fruit and leafy green vegetables. But correlation is not causation.

What this study did not show is that micronutrients such as folates and other vitamins have anything to do with such behaviours. That is only speculation by the authors who chose to completely ignore the fact that additives in the western diet have been consistently associated with bad behaviours in over thirty years of research.

See "The Association between dietary patterns and mental health in early adolescence": <http://tinyurl.com/rx2twa>.

Fantastic 31 minutes video interview with Sue Dengate
<http://maxawareness.com/members/featured/fed-up/> (You'll need to join Maxawareness and pay \$1 using a Credit Card).

Slush Puppies win a [Nasty Food Award](#)

New factsheet: [Artificial colours around the world](#). Why are the regulations all different?

New articles: [Food and depression](#), by Sue Dengate from Australian Certified Organic Magazine (1.1Mb PDF) Autumn 2009, and **Food colours 101** from Reader's Digest magazine Health Smart June-July 2009. See [other articles](#) too.

The Food Investigators: there's a new TV series on SBS starting on **Wednesday 20 May** from 7:30-8:00pm. Later parts include Sue Dengate supervising an additive-free trial with a sporting team, of great interest to Australian failsafers. This new 13-part series will investigate food; explore the myths, the hidden nasties, and just what is good, or not good, for us in our diet, co-hosted by emergency room doctor, Dr Renee Lim who sees the results of bad diets every day in the ER. <http://www.sbs.com.au/shows/foodinvestigators/episodes/page/i/1/h/Episodes/>

Archived 11/6/2009

Thanks to organisers of talks at Yamba and Coffs Harbour (Paul, Enid, Maria, Kerry) for their successful efforts during the recent heavy weather.

30/4/2009 Medical warning about salicylates in Bonjela: One of the most commonly used teething gels for babies has been linked to a potentially fatal disease. British authorities say the active ingredient - choline salicylate - in Bonjela may put children at risk of Reye's syndrome, a rare brain and liver disease. <http://www.abc.net.au/news/stories/2009/04/24/2552251.htm>.

Coming talks in Melbourne by Kathleen and Jenny of Additive Education
<http://www.additiveeducation.com.au/talks.htm>

17/4/09 Thank you to CHOICE magazine for their excellent investigation of additives in cakes: "Not quite like mother made. Many supermarket cakes are packed with additives, including artificial colours linked to hyperactivity in children ... any use of artificial colours that raises safety concerns is hard to justify"
<http://www.choice.com.au/viewArticle.aspx?id=106788&catId=100228&tid=100008&p=1&title=Supermarket+cakes>

Archived 30/4/2009

9/4/2009 Success with pears in syrup! We are pleased to announce that, thanks to lobbying by Food Intolerance Network members, Woolworths will be bringing back pears in syrup once their current stocks are exhausted. Thanks to members and Woolworths. Coles have also advised that they will continue to stock pears in syrup, from South Africa.

26/3/2009 Pears in syrup disappearing from supermarket shelves: we have been getting feedback from Network members that canned pears in syrup are being discontinued. Please ring or email immediately and tell the manufacturers and supermarkets if you are concerned – explain that pears in juice contain salicylates that affect your child's health, behaviour and learning, that you want pears in syrup. Please ask them to reconsider as you buy this product every week and rely on it.
http://www.spcardmona.com.au/component/option,com_contact/Itemid,3/ or ring 1800 805 168
Coles: <http://www.coles.com.au/contact/> or ring 1800 061 562
Woolworths/Safeways: <http://www.woolworths.com.au/contactus/index.asp> or ring 1300 767 969

25/3/2009 Talks program: Nearly 900 people came to sell-out talks in Alstonville, Brisbane, Gladstone, Calliope, Rockhampton and Brisbane. Thanks to the organizers Therese & Toni, Alyssah & Gina, Charmaine & Judy, Karena, Shaun & Jim, Anne & Cameron. The tour was notable for the number of teachers who attended, which is very positive. Planning is underway for a NSW-VIC-SA tour in August-September 2009.

16 March 2009: A2 milk is now available in UHT longlife cartons, both full and low fat, in Australia. See also updated [A2 milk factsheet](#).

14 March 2009: the colour count continues - EU countries have far less colours in their food supply, with only 34 foods containing them in Sweden, 119 in Austria and 344 in Denmark. The UK had more than 1000 and so far in Australia we have found **1154** products with these colours – see [list of foods](#).

24 February 2009: newsletter just out: [January – March 2009 Failsafe59](#)

All Failsafe Newsletters from 1998-2006 inclusive have been gathered into a single 576 page (3.6Mb) file which you can download and search. There is a wealth of research, issue discussion, recipes, personal reports and recipes now available in one place. But some of the links are out of date and you must always check current products rather than relying on historical information – [download all past Failsafe Newsletters](#)

15 January 2009: new [sitemap](#) for easier navigation of this website.

20 December 2008 **Smarties success!!** 2½ years after the Food Intolerance Network started their **Get Smarties** campaign, Nestle have agreed to replace their artificial colours with natural colours. Thanks to our 6,200 families for their actions – now you can click on the link and say thanks to Nestle! <http://www.smh.com.au/news/national/classic-junk-food-gets-a-health-makeover/2008/12/19/1229189886151.html>.



KIDS FIRST CAMPAIGN

Six artificial colours, which are being removed from all food in the UK after scientists likened their detrimental effects to those of lead on children's development, are the focus of a new campaign supported by over 100 influential health professionals, educators, food manufacturers and children support service providers.

You can help by signing the on-line petition now! www.additivealert.com.au

- Download flyer and/or small ad for your school magazine



- See more background information
<http://www.fedupwithfoodadditives.info/features/colours/colours.htm>
- See Australian list of foods with nasty colours
<http://www.fedupwithfoodadditives.info/features/colours/colourfoods.htm>
- See letter to food regulator and our list of high profile supporters
<http://www.fedupwithfoodadditives.info/features/colours/FSANZ14.pdf>

Archived 25/3/2009

Talks in March 2009

Alstonville NSW Monday 16 March 7.00-9.00pm: Sue Dengate "The effects of foods on children's behaviour" for St Joseph's Primary School, 11 Perry Street, Alstonville. No charge: costs are being met by Lismore CEO Parent Assembly. Sue Dengate's books and DVD will be available at a reduced price, cash or cheque only. Contact Therese 02 6628 1009 tseymour@lism.catholic.edu.au

Brisbane QLD Wednesday 18 March 7.30-9.30pm: Sue Dengate "The effects of foods on children's behaviour" for Queensland Playgroup Association at Kedron Wavell Services Club, 375 Hamilton Road, Chermside. Tickets \$16 for Playgroup Queensland members and \$20 for others, limited to 300 people. Sue Dengate's books and DVD will be available at a reduced price, cash or cheque only. Tickets can be purchased by calling 1800 171 882 or visiting www.playgroupaustralia.com.au/qld. The evening will not cater for children.

Gladstone QLD Thursday 19 March 7.00-9.00pm: Sue Dengate "The effects of foods on children's behaviour" at Leo Zussino Building, Central Queensland University, Gladstone. \$10 per person. Book your ticket through the Gladstone Entertainment Centre 07 4972 2822 or at Calliope State School or purchase at the door on the night. Sue Dengate's books and DVD will be available at a reduced cost, cash or cheque only. To register for this talk or for more information contact Charmaine on 0404066153 or email cthom146@eq.edu.au.

Rockhampton QLD Saturday 21 March 3.00-5.00pm: Sue Dengate "The effects of foods on children's behaviour" at Building 32, CQUniversity, Bruce Highway, Rockhampton. No charge. Sue Dengate's books and DVD will be available at a reduced price, cash or cheque only. Please RSVP to Jim j.douglas@cqu.edu.au or 07 4930 9371. No child minding facilities.

Brisbane QLD Monday 23 March 7.00-9.00pm: Sue Dengate "The effects of foods on children's behaviour" at Shailer Park State School, Bulwerna Street, Shailer. Cost \$12 and half-price for dads accompanying mums. Sue Dengate's books and DVD will be available at a reduced cost, cash or cheque only. Contact Anne 0401 583 114 or 07 3216 8742 – tickets will be on sale after 1 March.

Archived 24/02/2009

19 December 2008 Contrary to popular opinion, sugar does not cause children's hyperactivity says a new study in the British Medical Journal and we agree, we have been saying that for years. However, we strongly disagree with the widely publicised and unscientific conclusion of these researchers that changes in children's behaviour are all in the minds of parents – see new Factsheet: [Sugar and hyperactivity](#).

Archived 15/01/2009

12 December 2008 Australia's food regulator FSANZ releases survey of colours in Australian food.
<http://www.foodstandards.gov.au/newsroom/mediareleases/mediareleases2008/australianchildrengo4109.cfm>.

See [Food Intolerance Network response](#). EU countries have far less colours in their food supply, with only 34 foods containing them in Sweden, 119 in Austria and 344 in Denmark. The UK had more than 1000 and so far in Australia we have found **638** products with these colours – see [list of foods](#).

Two new Factsheets: [Chest pain and heart symptoms](#); [Head lice and nits](#).

The latest newsletter is [Failsafe Newsletter October – December 2008 #58](#)

23 November 2008 More on slushies: schools see red on dangerous food colourings and canteen associations starting to act <http://www.smh.com.au/news/lifeandstyle/parenting/kids-health/schools-see-red-on-dangerous-food-colourings/2008/11/22/1226770801002.html>

15 November 2008 Four colours either banned or in the process of being banned elsewhere in the world due to their harmful effects on children are making rapid inroads into Australian school canteens: <http://www.smh.com.au/news/lifeandstyle/health/diet-experts-go-cold-on-icy-canteen-treat/2008/11/14/1226318927579.html>

The Kids First Campaign:

Six artificial colours, which are being removed from all food in the UK after scientists likened their detrimental effects to those of lead on children's development, are the focus of a new campaign supported by over 100 influential health professionals, educators, food manufacturers and children support service providers.

The campaign unites the three leading food additive consumer advocates in the country, Julie Eady from Additive Alert, Sue Dengate from the Food Intolerance Network and Kathleen Daalmeyer from Additive Education.

The Kids First Campaign will demand that Australia's Food Standards Australia New Zealand (FSANZ) follow the UK's lead by placing consumers first and banning the six additives in question from Australian food.

Please sign the on-line petition now! www.additivealert.com.au

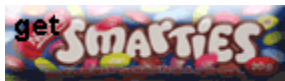
The importance of this Campaign is that, when successful, it will be the first time that food regulators have accepted the importance of behaviour and learning as criteria in approval processes.

These six colours (Tartrazine 102, Quinoline Yellow 104, Sunset Yellow 110, Carmoisine 122, Ponceau Red 124 and Allura Red 129) are in the process of being withdrawn in the UK and from the end of 2009 will carry a warning in the EU "may have an adverse effect on activity and attention in children."

Archived 9/12/2008

3/9/2008 Latest Failsafe Newsletter [July - September 2008 #57](#)

Get Smarties 2 campaign – you can help – tell Nestle if you would like natural colours in Smarties in Australia as they do in the UK (see story in [Failsafe Newsletter April – June 2008 #56](#))



Click on the link above or www.nestle.com.au and click on Contact Us (top right) or Phone: 1800 025 361 Fax: 02 9736 0407, Mail: Consumer Services Department, GPO Box 4320, Sydney NSW 2001

COMING TALKS:

Armidale NSW Friday 28 November 2008 at 1.30pm: Sue Dengate "The effects of foods on children's behaviour" for the Biological Farmers of Australia (BFA) Organic Roadshow. New England Regional Art Museum, Kentucky St, Armidale, NSW. RSVP: 24th November 2008. Cost: \$35 Members pre-payment (\$40 on the day), \$45 Non-Members pre-payment (\$50 on the Day) for full conference from 8.30am-3.30pm. Meals: All-organic morning tea and lunch - won't disappoint the foodies! 07 3350 5706 ext 221 info@bfa.com.au

Coffs Harbour NSW Saturday 29 November 2008 at 1.30pm: Sue Dengate "The effects of foods on children's behaviour" for the Biological Farmers of Australia (BFA) Organic Roadshow. Coffs Harbour Racing Club, Howard St, Coffs Harbour NSW. RSVP: 24th November 2008. Cost: \$35 Members pre-payment (\$40 on the day), \$45 Non-Members pre-payment (\$50 on the Day) for full conference from 8.30am-3.30pm. Meals: All-organic morning tea and lunch - won't disappoint the foodies! 07 3350 5706 ext 221 info@bfa.com.au

Sue Dengate is a speaker at the 10th Annual Food Regulations and Labelling Standards Conference on Tuesday **18th November** at Sydney Harbour Marriott www.informa.com.au/foodregulations. Sue will also be talking to the BFA (Biological Farmers of Australia) in Armidale (28 November) and Coffs Harbour (29 November) – details will be put on website when available.

Archived 3/9/2008

28/7/2008 Food Intolerance Network submission on ADHD – FIN has made a [submission](#) to the Royal Australian College of Physicians on their draft guidelines on ADHD, which in draft minimize the use of the diet and ignore much relevant research.

20/7/2008 On Sue's recent speaking tour, so many people wanted to buy "the set" (Fed Up, the Failsafe Cookbook & the DVD Fed Up with Children's Behaviour) that we now have a [special offer](#) of \$70.00 delivered for all three.

9/7/2008 Artificial colours to come with a warning in Europe: food manufacturers making a product with any of six well-known artificial colours will soon be required to use a warning: "may have an adverse effect on activity and attention in children" according to a new ruling by the European Parliament. Companies will have to decide whether to continue to use the additives and suffer the effects the warning might have on sales, or invest in reformulation. Many large companies, such as Cadbury and Nestle, have already made pledges to remove all artificial colourings from their products.

More at

<http://www.foodproductiondaily.com/news/ng.asp?n=86405&c=96gwzHDi%2FgR4NVbwXlRQPA%3D%3D>.

Standard treatment for ADHD – eliminate food additives: the most recent editorial in the British Medical Journal has recommended that a trial eliminating food additives from the diets of hyperactive children should be part of standard treatment – why did it take so long?

<http://www.sciencedaily.com/releases/2008/05/080522210010.htm>

Coca-Cola in Britain began withdrawing the controversial preservative sodium benzoate (211) from Diet Coke in January in response to consumer demand for more natural products, but the company has no plans to remove it in Australia -

<http://www.news.com.au/heraldsun/story/0,21985,23764556-662,00.html>

Food sold in South Australian school canteens contains additives banned in several overseas countries, Opposition education spokesman David Pisoni has claimed (see more about this in our next newsletter)

<http://www.news.com.au/adelaidenow/story/0,22606,23734976-2682,00.html>

Strong response to talks tour: Over 3,000 people attended Sue Dengate's recent talks in a program remarkable for its warm support and increased level of knowledge of food intolerance. Thanks to the many unpaid organizers and in particular to Peta & Vicky (Port Macquarie), Belinda & Bonnie (Wagga Wagga), Sheryl & Jan (Canberra), Debbie & Caroline (Devonport), Lisa (Launceston), Diane (Hobart), Marg & Colleen (Frankston), John (Mornington), Kaz & Kirsty (Warrnambool), Irene, Peter, Adrian & Kathy, and Helen & Chris (Ballarat), Tracey (Mt Gambier), Bronwyn (Adelaide), Korina, Hadyn & Carol (Woy Woy), Erica & Matthew (Castle Hill), Tammy (Ipswich), Ann & family (Brisbane), and Bernadette & Debbie (Macleay).

10/04/2008: The UK's food watchdog, the Food Standards Agency (FSA), is to advise government Ministers to ask manufacturers to bring in a voluntary **ban of six artificial food colours** from food and drink by 2009. They will also advise Ministers to push for them to be phased out **in the rest of the European Union**. The colours are Sunset yellow (E110), Quinoline yellow (E104), Carmoisine (E122), Allura red (E129), Tartrazine (E102) and Ponceau 4R (E124) and have been on the Food Intolerance Network's list of nasties for 15 years. We await action from Australian and New Zealand regulators...

<http://www.medicalnewstoday.com/articles/103590.php>.

LOCAL NEWS

Coffs Coast A



Lunchtime ... pupils at Nana Glen school tuck into additive-free food yesterday.

PHOTO: TREVOR VEALE

Food trial success a

By KUE DAVIS

STUDENTS at Nana Glen Primary are calmer, more focused and a lot happier – thanks to two weeks of an additive-free diet.

The food trial that began two weeks ago, as reported in *The Advocate* on September 8, saw colours, preservatives and flavour enhancers removed from the children's diets.

The trial was the third for food intolerance expert Sue Dengate, who was pleased about the results. Principal Lawrie Renshall said that the trial "was a phenomenal success."

Mr Renshall said that parents and teachers alike have been amazed at how cutting out additives, colours and

More school trial info at

<http://www.fedupwithfoodadditives.info/factsheets/Factsuccess1.htm>

<http://www.fedupwithfoodadditives.info/factsheets/Factschools.htm>

Archived 21/6/2008

19/2/2008 **Choice Magazine** (Australia) is writing an article on food additives and is seeking people to contribute:

<http://www.choice.com.au/viewCalc.aspx?id=106153&catId=100272&tid=100040&p=1> - What additives most concern you? Do you avoid buying certain products because of the additives they contain? Does a 'free from artificial colours and preservatives' claim influence what product you buy?

Latest Failsafe Newsletter January – March 2008 [on-line](#) or as [pdf \(16 pages\)](#)

Food Intolerance brochure now [In Dutch](#) (thanks Peter) [In French](#) (thanks Ariane) [In Italian](#) (thanks Helen) [In Portuguese](#) (thanks Carla) [In Spanish](#) (thanks Daniela) [In Nepali](#) (thanks Sunita) [In USA](#) (thanks failsafeUSA members)

Archived 11/04/2008

Thursday, 21 February at 6.00pm - An evening with Sue Dengate at Muffledux bookstore in Sydney. This event is free but booking essential: info@muffledux.com.au ph (02) 9664 9644, 211 Clovelly Road, Clovelly, NSW, <http://www.muffledux.com.au/content/view/24/60/>

In the UK there is great consumer action on banning food colours - <http://www.actiononadditives.com/>.

30/01/2008 New factsheet: [Joint pain, arthritis and diet](#)

Archived 15/02/2008

31/01/2008 **All artificial colourings in food and soft drinks should be banned**, according to a UK parliamentary committee researching the effect of diet on the brain: "the Food Standards Agency should be taking a tougher line on E-numbers and additives, which some studies suggest may over-stimulate children's brains and make them hyperactive." And in Australia and New Zealand? The usual silence from those who claim to protect us.

<http://www.guardian.co.uk/society/2008/jan/31/health.foodanddrink1>

****WARNING**** 29/01/2008 Consumers have been warned to moderate their intake of **vegetable chips and crackers** made from cassava after tests revealed questionable levels of naturally occurring cyanide. Cassava can be harmful when consumed in large quantities, particularly by small children. Symptoms include difficulty breathing, dizziness, headaches, stomach pains, vomiting and diarrhoea, while mental confusion, twitching and convulsions can occur in severe cases. <http://news.ninems.com.au/article.aspx?id=285528>

17/12/2007 **Food additives making our kids sick**

<http://www.news.com.au/dailytelegraph/story/0,22049,22933523-5014717,00.html>

13/12/2007 The European Food Safety Authority (EFSA) has put together a special working group to provide EU members with scientific advice on the **effects of food additives on behaviour** by the end of February. The move follows publication of a study conducted by the University of Southampton which suggested a link between mixtures of certain food colours and the preservative sodium benzoate and hyperactivity in children. More details at

<http://www.foodproductiondaily.com/news/printNewsBis.asp?id=82028>

6/12/07 **Still no action from FSANZ**, the Australian and New Zealand food regulators, on the University of Southampton results published in the Lancet in September 2007. In the UK their Food Standards Authority is driving industry and industry has responded, but in Australia and NZ the silence we have come to expect. Here's the Food Commission website doing something about it in the UK: www.actiononadditives.com

Latest [Failsafe Newsletter # 54 October – December 2007](#) now available, featuring the Australian federal election and the new International Registry of Food Additive Reactions (IRFAR).

Archived 14/12/2007

5/12/2007 - Di-isobutylphthalate, a **packaging chemical with potentially toxic health effects**, is showing up at alarmingly high rates in foods such as rice and baking mixtures, according to a report issued today by Germany's risk assessment agency. The report serves as a warning to food companies that they might have to repackage their products to avoid potential liability exposure due to the migration of the chemical into their products....

<http://foodproductiondaily.com/news/ng.asp?id=81555>

10/11/2007 Many thanks to Tina, Suzie and Monica for organising a talk for 250 people in Forster and to Ann for 100 people in Maitland. Very responsive audiences in both places who are wondering why authorities in Australia have yet to act on the Lancet study below.

Archived 22/11/2007

27/9/2007 You can now see the Lancet study talked about below for free at http://www.precaution.org/lib/food_additives_and_hyperactivity.070906.pdf. As a toxicologist blogger has just said "It's nice to see a good study every once in a while and after about 30 years of debating whether preservatives cause hyperactivity/attention deficit. ... as expected for any toxicant, some kids were strongly effected and some were not. It's real, though.. [now] for the FDA to get on the stick and re-evaluate these compounds. Why didn't they fund a study like this decades ago? They should have and (again) really feel down on the job. Seriously, can't they do anything right on food?"
http://scienceblogs.com/angrytoxicologist/2007/09/some_definitive_bad_news_about.php.

Some manufacturers are rushing to remove artificial butter flavour from microwaveable popcorn since the finding that popcorn workers lung, an incurable and sometimes fatal lung condition, can also affect consumers, <http://www.nytimes.com/2007/09/05/us/05popcorn.html>.

21/09/2007 - FSA 'astonished' by slow industry action on additives: The UK's Food Standards Authority has issued its harshest judgement on the food industry's use of artificial colour and preservatives yet, following the publication of the Southampton study at the beginning of the month, and is calling for action on labelling as well as reformulation....
<http://foodproductiondaily.com/news/ng.asp?id=79969>.

18/9/2007 Confusing FSANZ responses to food additive issue - Hyperactivity study: lawyers warn that regardless of whether food additives are approved by FSANZ, food companies could be liable should it transpire that there is any long-term harm resulting from the use of a harmful food additive, see, Foodlegal Bulletin Sept 2007,
http://www.foodlegal.com.au/db/sep07_1/fsanz_responses_to_food_additives

13/9/2007 Food Intolerance Network [media release](#): "Time for action on kids and food colours" plus further [media resources](#) and [comment on FSANZ factsheet](#) on "Effects of artificial colours on children's behaviour".

Could the E-number be up? - the European Food Safety Authority's review of additive safety could have a bigger effect on the ingredients industry than the ejection of certain colours and flavours with a suspect safety record. It could give the natural ingredients trend an extra push, and possibly prove the death-knell for the ne'er loved E number system....The anti-additives movement is already active at market level. It makes little sense for the industry to wait on legislation. It needs to start second-guessing the ramifications now if it wants its ingredients to be invited to the party again. <http://confectionerynews.com/news/ng.asp?id=78387>.

06/09/2007 - Nestle goes all-natural over kids' chocolate - UK based Nestle Rowntree has re-launched its Milkybar brand with all-natural ingredients, taking advantage of current concern for food additives. <http://confectionerynews.com/news/ng.asp?id=79557>.

13/9/2007 Confectionery giants cut use of artificial additives - In the wake of a damning scientific report on the health effects of artificial additives, Cadbury Trebor Bassett and Mars UK today said they are cutting the chemicals from their products
<http://foodproductiondaily.com/news/ng.asp?id=79751>.

12/9/2007 Prince Charles: Children are being poisoned by food additives - Prince Charles has issued a clarion call for society to stop a generation of "over-industrialised" children poisoning

themselves with food additives. Echoing the Daily Mail's campaign to ban potentially harmful food colourings and preservatives from the food chain, the heir to the throne described the situation as "terrifying" and blamed the plague of anti-social behaviour on the eating habits of young people. http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=481422&in_page_id=1770.

6/9/2007 Food Intolerance Network [media release](#): "Food additives again shown to worsen children's behaviour – when will regulators act? asks Network".

4/9/2007 Watchdog warns of E numbers that make children misbehave -

Parents in the UK will be alerted this week to ensure children avoid artificial additives in drinks, sweets and processed foods because of explosive evidence about the effects on behaviour. A plausible connection to tantrums, poor concentration and slow progress at school is understood to have been found in a government funded study from Southampton University. Food industry leaders have been summoned to a meeting with the Food Standards Agency for a briefing on the research and its implications. The study findings raise the possibility of parents suing food manufacturers in the same way tobacco firms have been pursued by cancer victims in the U.S, http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=479768&in_page_id=1770.

New and updated Factsheets:

[Tics, tic disorder, Tourette symptoms](#)
[Failsafe gardening](#)

Formaldehyde in clothes: CORRECTION issued 4/9/2007 - NZ TV bungled formaldehyde tests on Chinese clothes – in fact negligible amounts were found

<http://www.abc.net.au/news/stories/2007/09/04/2023143.htm> formaldehyde in clothes at 20 ppm (parts per million), the chemical formaldehyde used in bedding and clothes can induce rashes, headaches, dizziness, joint pain, fatigue, asthma and in the extreme case, cancer. Already discovered at well over safe limits in blankets from China, it has now been found at levels up to 18,000 ppm in clothing from China and we are receiving reports of rashes in adults as well as children, see <http://au.todaytonight.yahoo.com/article/40502/consumer/formaldehyde-clothes>

23/8/2007 [Failsafe Newsletter July – September #53](#) is now out.

Archived 17/9/2007

Donations in July 2007: Thanks to a Melbourne mother, who asked that her family donate money to the FIN, instead of giving her 40th birthday presents. "I can think of no better gift than that our food supply becomes safer, making life easier (and happier) for us all. I know that my family are pretty happy with what the Food Intolerance Network has done for me!" - so thanks to Molly & Tony (Mum & Dad) for \$50, and to Sue, Stephen and the girls for \$50.00, and to Louise and Stephen at the Caring for You Nursing Agency for \$500.00.

TALKS: "Fed Up with Children's Behaviour" presentation by Jenny Ravlic and Kathleen Daalmeyer of Additive Education 14th August Glen Waverley VIC, Tuesday 28th August Boronia VIC, Monday 22nd October Pakenham VIC. [Details](#).

Archived 23/8/2007

Failsafe sausages rule OK! 24/7/07 Chicken failsafe sausages were entered in the Sausage King Competition in South Australia and came third in the region (from Bordertown down to the lower south east of South Australia). "It goes to show the sausage is up there healthy and competitive." – thanks Tracey.

New factsheet: [Hayfever and allergic rhinitis](#) – hints for managing the spring.

New symptom discussion paper: [Pervasive Development Disorder - Not Otherwise Specified \(PDD-NOS\)](#)

Food Intolerance brochure now available in [French](#), [USA](#) and [Nepali](#). More languages coming soon thanks to Food Intolerance Network members.

YOUR OPPORTUNITY TO LET MCDONALD'S KNOW WHAT YOU THINK McDonald's has requested a meeting with The Parents Jury to discuss their children's food menu and marketing to children practices. The Jury wants to truly represent parents when they meet with McDonald's, so please email them your views and concerns and they will ensure that they are raised. Email members@parentsjury.org.au. We will let you know the outcomes of this meeting in due course. <http://www.parentsjury.org.au/>

9/7/2007: Thanks for Brumby's Bakeries for their support in getting wider distribution of the DVD "Fed Up with Children's Behaviour". This promotion has now ended but posted vouchers will continue to be honoured for two weeks.

June 2007: The Failsafe Cookbook and Fed Up with Children's Behaviour DVD are now available in Singapore. Email Jacky at jacky@kidsforlife.com.sg

June 2007: ALL Britain's major supermarkets, Sainsbury's, Marks & Spencer, Asda and Tesco, are banning potentially dangerous additives from the majority of their own-brand products. When will it happen in Australia and New Zealand?
<http://lifeandhealth.guardian.co.uk/food/story/0,,2095617,00.html>

Archived 1/8/2007

15/5/2007 Marks & Spencer announces it is removing artificial colours and flavourings from 99% of all the foods on sale in M&S stores by the end of 2007. And by June all the foods on sale in M&S stores will be 100% free from Aspartame. This follows an earlier commitment to remove hydrogenated oil from their own-brand products by early 2007, which also claimed that hydrogenated oil has already been removed from all their ready meals.
http://www.flexnews.com/pages/8837/Additive/UK/marks_spencer_continues_assault_additives.html

Mum's Own: Failsafe Newsletter #52 contained a paragraph about the Mum's Own company which may have been misleading. Many of the foods, most of the Ingredients and some Other Products on the Mum's Own website are failsafe. However I believed incorrectly that none of the 11 cakes, loaves and muffins that claimed at that time to be "low salicylate" were failsafe because they appeared to contain one or more moderate salicylate ingredients (cold-pressed sunflower oil, raw sugar, and/or apples) based on the Mum's Own ingredients list at the time the Newsletter was published. I have since found out that many of these products are failsafe and they are the ones marked "low in salicylates and amines". Mum's Own have said they are happy to talk to customers about making those unmarked products failsafe if you want. They will also cook on request according to your own recipes: www.mumsown.com.au. I apologise unreservedly for this mistake. MUMS OWN are in the process of changing their name and will now be known as "HAPPY TUMS". *Sue Dengage.*

Donations in May 2007: Thanks to an anonymous mother from NSW for \$300.00 towards brochures, who said "I hope this donation can be used in some way to inspire others ..to continue the awareness fight for so many children and parents", and also to Mr & Mrs Ussery of Vermont, USA for \$US200 to assist us in Network efforts.

Archived 28/6/2007

27/5/2007 New fear with benzoates: a preservative commonly consumed by children may be associated with serious cell damage and fatal illness, according to a new UK study. Research indicates that sodium benzoate, an ingredient in many soft drinks, cordials, toppings, syrups, sauces and children's medications, has the ability to deactivate parts of DNA and eventually cause diseases such as Parkinson's and cirrhosis of the liver. Researcher Professor Peter Piper at Sheffield University advised parents to think twice about letting their children drink products containing the chemical. "My concern is for children who are drinking large amounts," he said.
<http://news.independent.co.uk/health/article2586652.ece>
<http://news.independent.co.uk/health/article2586653.ece>

Product Warning: Mountain bread - avoid any products with a small white '282 preservative' sticker - please email sales@mountainbread.com to tell them how you feel about preservative 282. You need to do this before the end of June 2007.

15/5/2007 UK supermarket chain Asda is to remove all artificial colours and flavours from its own-brand food and drinks by 2008. The announcement comes after a warning from researchers at the University of Southampton regarding the effect of additives on children's behaviour, and will cover 9,000 food and drink products. <http://news.bbc.co.uk/go/pr/fr/-/1/hi/business/6657757.stm>

8/5/2007 Food safety experts in the UK have advised parents to eliminate a series of additives from their children's diet while they await the publication of a new study that is understood to link these ingredients to behaviour problems in youngsters. The colours, tested on both three-year-olds and eight-to-nine year olds in the new study, are tartrazine (E102), ponceau 4R (E124), sunset yellow (E110), carmoisine (E122), quinoline yellow (E104) and allura red AC (E129). The preservative tested was sodium benzoate (E211). For more details see <http://www.guardian.co.uk/food/Story/0,,2074346,00.html>

Archived 11/6/2007

28/4/2007 Colvan plain chips have been deleted, apparently due to Coles/Woolworths policy of not stocking items that sell under a certain number. If this will affect you, or you are concerned about this reduction in our choices, please call Arnotts' Snack Foods on 1800 501 441 –they may reconsider!

The latest newsletter is [Failsafe Newsletter April – June 2007 \(Failsafe #52\)](#)

Sue spoke to over 1,450 people, including 80 school children, in Newcastle, Wodonga, Frankston, Warrnambool, Ballarat, Cooma, Canberra and Coffs Harbour during May. Thanks to the many organisers who put in so much effort and were so thoughtful, and to audiences for their enthusiastic responses.

9/4/2007 ONE MILLION HITS!! The Food Intolerance Network website has now received over one million page-visits. The interesting thing is that while most visitors are from Australia, New Zealand, USA, UK, Canada and Japan, in the past three days there have also been visits from Turkey, Ghana, Iceland, Thailand, South Africa, Denmark and Singapore. Like the Western diet, this is truly an international problem.

New factsheet: [Eating for Success](#) (the Palmer's Island program as seen on the DVD).
New symptom discussion: [patchy baldness \(alopecia areata\) and the gluten connection](#)

Archived 25/4/2007

New [brochure on food intolerance, in Nepali](#). The start of a new Network initiative to have the brochure available in 30 languages by the end of 2007.

Sue Dengate will be giving seminars in Newcastle (Monday 30 April), **Wodonga** (Wednesday 2 May), **Frankston** (Thursday 3 May), **Warrnambool** (Monday 7 May), **Ballarat** (Tuesday 8 May), **Cooma** (Wednesday 9 May), **Canberra** (Thursday 10 May), and **Coffs Harbour** (Thursday 24 May). **Details under [Talks](#)**.

30/3/2007 Trans fat bill: Greens Senator Kerry Nettle this week introduced a private members bill into the Senate that will reduce Australia's exposure to unsafe synthetic trans fats which are added to fast foods such as chips, bakery products, biscuits, and doughnuts. Trans fats have been shown to be a significant contributor to coronary heart disease, which kills thousands of Australians each year. The bill will ban corporations from using trans fats and sets the standard that the States should follow. With the Howard Government relying on vague promises from industry for self-regulation, Kerry said "A ban is urgently required as the Coalition is seemingly more concerned about offending the food industry than protecting public health". Many overseas countries have already banned these fats. There's more info on trans fats at <http://www.foodstandards.gov.au/newsroom/mediareleases/mediareleases2007/12march2007hochrist3488.cfm>

MEDIA RELEASE: [Let's halve the rate of asthma](#), says Network (Feb 2007)

[Letter to FSANZ withdrawing application on Declaration of Antioxidants in Fats and Oils](#) (Jan 2007)

Latest Newsletter: [Failsafe Newsletter #51 January – March 2007](#)

See updated asthma factsheets under [Features – Asthma](#) below.

Archived 28/1/2007

26/11/2006 **New Newsletter out [Failsafe50](#)**

Two new Factsheets: [Self-harm](#) [Palpitations and heart issues](#)

Updated Factsheets: [School tuckshop support](#) [Epilepsy](#) [Added flavours: natural or artificial, what's the difference?](#)

New: Symptom discussion sheets have been introduced to summarise group discussion on particular symptoms. The first is [Extreme sensitivity to noise - hyperacusis](#)

Archived 8/11/2006

Food intolerance in the news!! See **A Current Affair** on Monday 2 October 7pm Channel 9 about food ingredients. This follows on from salicylates on **A Current Affair** on 27 September, thanks to Sue and Bron. There's an excellent article in the 3 October **Bulletin**, thanks to network members Anne, Sue and Bron. See also the October **Australian Reader's Digest** on allergy and intolerance, and **Food Navigator** <http://www.foodnavigator.com/news/ng.asp?id=70189>.

Our Network's 4,156 members are finally getting recognition and support for this issue. As one mother said "I had my father-in-law ring up about [A Current Affair] as he argues with me a fair bit about the diet thing and believes that most kids with behaviour problems need a good smack up the bum to pull them into line! I think he's changed his tune after seeing it on ACA, so thanks!"

Two new Factsheets: [Self-harm](#) [Palpitations and heart issues](#)
Updated Factsheets: [School tuckshop support](#) [Epilepsy](#)

OCTOBER

Victor Harbor SA Tuesday 24th October 7 pm: Southern Fleurieu food intolerance information night. Port Elliot Uniting Church Hall, contact Mel Reid 08 8552 0600 reid.mel@saugov.sa.gov.au. There will be limited copies of the Failsafe Cookbook for sale!

16/9/2006 Nitrites in cured meat linked to lung disease People who regularly eat cured meats are 71 per cent more likely to have symptoms of lung disease than people who never eat this type of meat, says a new study from the US.
<http://www.foodnavigator.com/news/ng.asp?id=70484>

Thanks to people in Bellingen and Lismore for organising talks by Sue. Over 200 people can now make better food choices.

18/8/2006 Labelling of antioxidants in fats and oils: Many Network members know how frustrating it is trying to find out whether synthetic antioxidants are in their food. Often the labels don't declare them or are just plain wrong. The only way at present is to ring the manufacturer, who may or may not know, and may or may not tell you. **We can change this situation:** FSANZ have just released an initial assessment report, triggered by the Food Intolerance Network, which seeks to have **all antioxidants in fats and oils declared on the label**, irrespective of whether they are performing a technological function in the food in the view of food manufacturers. **Please make a submission before 20 September!**

Please post/email a submission: Here is a [draft letter](#) you can use: add your own health, behaviour and learning experiences, or the foods and labelling that that trip you up.

Or you can lodge a submission directly with FSANZ, even using the draft letter above:
<http://www.foodstandards.gov.au/forms/index.cfm?fuseaction=Submission>

Background material: Link to [FSANZ document](#) ; Link to [Food Intolerance Network initial request](#) (December 2004):

Archived 16/9/2006

WATCH OUT: Our Get Smarties campaign makes Channel 10 news – now Tuesday 5pm 15/8 (we hope)!

Sue will now be giving two local talks in September:

Bellingen NSW Tuesday 12 September 7.00-9.00pm: 'Fed Up With Children's Behaviour' by Sue Dengate. Bellingen High School. \$10 per person, all welcome. Sue's new DVD will be available for sale \$25 cash or cheque, plus limited copies of "Fed Up with Asthma" \$20. Contact Jenny or Judy 02 6655 2323 Bellingen Family Day Care.

Lismore NSW Thursday 14 September 6.30-9.30pm: 'Fed Up With Children's Behaviour' by Sue Dengate. Goonellabah RSL Sports Club, 202 Oliver Ave, Goonellabah. \$10 single/couple, all welcome. Sue's new DVD will be available for sale \$25 cash or cheque. Contact Natasha at Lismore Family Daycare 02 6621 6437. or lismoredistrictfdc@bigpond.com

Archived 23/8/2006

9/8/2006 Additives do cause temper tantrums Parents have long suspected that artificial food colourings can affect their child's mood and behaviour. Now a government-funded study shows that parents were right all along. http://www.foodcomm.org.uk/parentsjury/add_2.htm

7/8/2006 New Factsheets on [Amines](#), [Salicylates](#), and [Diet and ADHD](#).

1/8/2006 *WARNING***** Kraft Extra Light Philadelphia cheese currently contain unlisted preservative 200 (sorbic acid). The issue is being addressed.

28/7/2006 US unions seek limit on butter flavor additive - unions representing food processing workers have asked government workplace safety regulators to limit exposure to an artificial butter flavoring additive. Diacetyl, a primary component of artificial butter flavor in popcorn and other foods, has caused bronchiolitis obliterans, or "popcorn workers lung," in dozens of workers. "There is compelling scientific evidence that diacetyl causes terrible lung disease," said David Michaels of George Washington University's School of Public Health. © Reuters 2006

24/7/2006 Sainsbury's UK Supermarkets will phase out use of calcium propionate (282) in their Kids range by year's end, as part of their re-defined brand standards which "include significantly tighter restrictions on the ingredients and additives which are permitted to be used in Sainsbury's food and drink". The tide is turning.

Archived 8/8/2006

20/7/2006 Genetically modified Streets ice cream: In November 2005, FSANZ approved a genetically modified Ice Structuring Protein (ISP) as a Processing Aid for Ice Cream & Edible Ices. The manufacturer and patent holder, Unilever, undertook to **voluntarily** label products with 'ice structuring protein' where the **processing aid** has been used. Unilever also undertook to have information about ice structuring protein available to consumers on their website, but it doesn't appear under "Streets", "ISP", "Ice structuring protein", or any brand FAQs, so it's well hidden if it exists.

Ice structuring protein type III HPLC 12 preparation is a protein excreted from the fermentation of a genetically modified yeast (*Saccharomyces cerevisiae*) to which a synthetic gene encoding for the protein has been inserted into the yeast's genome. Australian State authorities argued that the protein was an additive and should be listed in the ingredients but FSANZ ruled that the GM yeast was a "food processing aid" and not a food additive and therefore did not need to be listed. You may find it in Splices, Calippos and Paddle Pops if it is used yet in Australia/NZ.

Now, in the UK, A group of scientists has claimed that Unilever's genetically modified (GM) fish antifreeze protein for ice cream should not be approved without further comprehensive tests. <http://www.foodnavigator.com/news/ng.asp?n=69108&m=2FSN719&idP=1&c=jzvifzfdcuwjqo>

Free Melbourne diet study: there are now only a few places left in the study, children under 8 are especially welcome. [Mickaela](#)

20/7/2006 [New Factsheet on Diet, sleep disturbance and insomnia](#) plus [updated stories](#) from readers, particularly on 635 ribonucleotide flavour enhancers.

17/7/2006 Three new Nasty Food Awards from the dozens submitted – see below.

17/7/2006 [New Factsheet on Eczema](#) following lots of requests.

7/7/2006 [New Factsheet on MSG](#) due to considerable interest after Today Tonight interviews about flavour enhancers.

Today Tonight (Ch7) about flavour enhancer 635 (ribonucleotides) – keep an eye open after Tuesday 4/7!!

30 June 2006 Network [Submission](#) to NICNAS (National Industrial Chemicals Notification and Assessment Scheme) towards their review "Promoting Safer Chemical Use: Towards better regulation of chemicals in Australia".

Archived 20/7/2006

27/06/2006 - The steady accumulation of brominated and fluorinated chemicals in foods do not pose a health risk at this time a UK scientific panel says. That's flame retardants in bedding, furniture, electronic equipment, and non-stick frypans in plain language – and it's the "at this time" that bothers me!

<http://www.foodqualitynews.com/news/ng.asp?n=68696&m=2FQN628&c=jzvifzdcuywjqo>

"How we're drowning our kids in preservatives" TODAY TONIGHT (Ch7) Monday 12/6
(Thanks Jenny R in Melbourne).

Fast food, the movie: MacDonalds UK debates on video with author Eric Schlosser of "Fast Food Nation" (the film, premiered at Cannes!) and book "Chew on this" – see how the food industry fights dirty: <http://news.bbc.co.uk/2/hi/programmes/newsnight/debates/default.stm>
http://www.houghtonmifflinbooks.com/booksellers/press_release/wilson/

Benzene in Australian soft drinks: finally a response from FSANZ. Of 68 samples tested, 38 had benzene levels from 1-40 ppb, meaning that more than half had benzene levels above the Australian guideline for drinking water of 1ppb. Drink one litre, which is common enough, and you could be getting twenty times the daily dietary exposure to benzene which FSANZ reports: <http://www.foodstandards.gov.au/mediareleasespublications/factsheets/factsheets2006/benzeneinflavouredbe3244.cfm>

05/06/2006 - **Revisions to the EU's food additives and sweeteners legislation** includes stricter requirements on the use of nitrites and nitrates in meat, approvals for seven new ingredients and extended use of sorbates and benzoates...

<http://www.foodproductiondaily.com/news/ng.asp?n=68160&m=2FPD608&c=jzvifzdcuywjqo>

Archived 8/6/2006

A CURRENT AFFAIR (CH9) will talk about bread and freshness in the coming week (5/6-)

TODAY TONIGHT (CH7, 22/5) showed the Palmers Island trial from the DVD, where a whole NSW school of 120 pupils went additive-free for two weeks, to a strong national response.

TALKS - thanks to Jenny and Donna for organising 100 parents to come to the talk in South Grafton. And to Alison for organising the successful Narranga Primary School talk for 120 parents. Sue Dengate will not be giving any more talks this year - see the Talks button for alternatives or try the DVD.

Archived 3/6/2006

MAY 2006

Grafton NSW Thursday 25 May 7.00-9.00pm: 'Fed Up With Children's Behaviour' by Sue Dengate. South Grafton Ex Serviceman's Club. All welcome: \$10 or \$15 for a couple. Sue's new DVD will be available for sale \$25 cash or cheque, plus "Fed Up with Asthma" \$20. People can purchase tickets beforehand at Bookworld (Grafton Shopping World), Book Warehouse (Prince St), or Grafton Health Foods (Prince St). Contact Jenny Ryder, Crown Early Childhood Consultant, 02 6642 7990 crownecc@bigpond.net.au for more details.

Narranga (Coffs Harbour) NSW Wednesday 31 May 7.00-9.00pm: 'Fed Up With Children's Behaviour' by Sue Dengate. Narranga Primary School, Robin St. \$5 entry, all welcome. Sue's new DVD will be available for sale \$25 cash or cheque, plus "Fed Up with Asthma" \$20. Contact Alison 0418 610569 for bookings.

Archived 23/5/2006

19/5/2006 BENZENE IN SOFT DRINKS Food Standards Australia New Zealand (FSANZ) website currently seeks to reassure consumers, claiming that "benzene levels found overseas are well below the WHO limits for benzene in drinking water." This is not correct. The WHO limit on benzene in drinking water is 10 ug/l or 10 ppb. The Australian limit for drinking water is 1 ppb. The levels of benzene found overseas in soft drinks have been 25-50 ppb (USA 15/2/06), >60ppb (South America 20/2/06), up to 28ppb (UK 31/3/06), up to 88 ppb (Korea 18/4/06). There have been soft drink withdrawals and lawsuits launched over this matter in several countries and it is up to FSANZ to at least be accurate, even if not willing to take the action needed to protect consumers.

12/5/2006 BRISBANE EXTRA (CH9) will report on Nestle's withdrawal of artificial colours from UK Smarties – why not in Australia and New Zealand?

MAY 2006 TALKS

Grafton NSW Thursday 25 May 7.00-9.00pm: 'Fed Up With Children's Behaviour' by Sue Dengate. South Grafton Ex Serviceman's Club. All welcome: \$10 or \$15 for a couple. Sue's new DVD will be available for sale \$25 cash or cheque, plus "Fed Up with Asthma" \$20. People can purchase tickets beforehand at Bookworld (Grafton Shopping World), Book Warehouse (Prince St), or Grafton Health Foods (Prince St). Contact Jenny Ryder, Crown Early Childhood Consultant, 02 6642 7990 crownecc@bigpond.net.au for more details.

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Failsafe Supermarket Tours in Melbourne are \$15 per person for a group tour or \$40 for a one-on-one tour. Tours run for approximately 1½ hours. We have group tours planned for Friday 19th May in Frankston and Mornington, Monday 22nd May and Thursday 25th May in Mount Waverley, and Monday 29th May in Mornington and Rosebud. Contact Jenny on 03 9544 2804 or Kathleen on 03 9762 8105 to check availability or to arrange another tour.

URGENT 20/4/2006 Still looking for a few more children for a free diet and behaviour management program for children aged 4-12 with behavioural problems. If you live within driving distance of RMIT University, Bundoora, Vic, [more information](#).

Sue spoke to over 2000 year 6 primary and year 7 high school students in the Mornington Peninsula VIC from 1- 4 May and to 550 parents. Thanks to Valerie (Victorian Dept of Education) and John (School Focussed Youth Service) for impressive organisation. 200 people also attended her talk in Leongatha for the South Gippsland Parenting Network, thanks to Pat for organising a successful evening. The trip gave insight into the foods that children actually eat at school and into their strong interest in understanding the effects that food additives have on them.

04/04/2006 – Benzene in soft drinks: Soft drinks makers have been hauled before the European Commission to explain the presence of benzene traces in drinks, putting the industry under pressure after recalls in the UK.

<http://www.foodnavigator.com/news/ng.asp?n=66856&m=2FNE405&c=jzvifzfdcuwjgo>

And in Australia? No response to emails from the Food Intolerance Network sent over eight weeks ago despite "FSANZ [being] always strongly committed to stakeholder consultation"!

03/04/2006- Scientists studying chemicals in food have called for more public discussions with consumers and industry on proposed EU legislation. Currently, more than 100 000 chemicals are released into the environment and come in contact with humans via for example preservatives in food, flame retardants in computers and plastic softeners. For about 80 000 of these chemicals there is not enough knowledge to say if, and in that case how, harmful they might be to humans, the scientists stated.

<http://www.foodproductiondaily.com/news/ng.asp?n=66824&m=2FPD405&c=jzvifzfdcuylwjqo>

27/3/2006 Safety concerns about ADHD drugs Drugs used to treat ADHD may put children at risk of sudden death through heart failure or strokes, according to a panel of advisors to the US Food and Drug Administration. The panel recommended that commonly used stimulant drugs such as Ritalin and Dexamphetamine should carry the most serious level of safety warnings. The FDA has asked its Drug Safety and Risk Management Advisory Committee to investigate 25 reports of sudden death among people taking the drugs, 19 of them children. In Australia, investigations by The Australian newspaper found that 400 serious adverse reactions have been reported to the Therapeutic Goods Administration, including the sudden death of a seven-year-old and a five-year-old who suffered a stroke after taking Ritalin. Parents who would prefer to trial diet for ADHD instead of drugs can contact us for our list of supportive dietitians:

confodnet@ozemail.com.au

Archived 28/3/2006

12/3/2006 Vitasoy update: the Protein Enriched Ricemilk will be free of BHA (synthetic antioxidant 320) with Best Before Date on or after 09/03/07. You should be able to find it in stores in approximately 4 weeks. Vitasoy's Original Ricemilk will shortly be failsafe and you'll be advised here. The packaging of these products will not be changing. Thanks to Nicole and all the others who wrote for lobbying hard and to Vitasoy Australia for responding positively. Note that rice and soymilks enriched with chickpeas are not suitable for children or adults with cross reactivity problems due to nut, legume or soy allergies; and that rice milk is not suitable for infant feeding. Any infant not breastfed to 12 months must be given an appropriate infant formula.

Chronic fatigue: new [Factsheet](#)

3/3/2006 Benzene in preserved soft drinks – even Australia has now admitted that commonly used benzoate preservatives (210-213) are reacting with ascorbic acid (Vitamin C) in soft drinks to produce cancer-causing benzene levels above WHO safe levels. The food industry has known about this for more than 15 years but have never told the public. If TV is to be believed, the Australian response will be to remove the nutrient (Vitamin C) so that the nasty preservative has nothing to react with!

<http://www.foodproductiondaily.com/news/ng.asp?n=66160&m=2FPD301&c=jzvifzfdcuylwjqo>

27/1/06 Sulphites in mince – beef mince is meant to contain NO sulphites, but our Network used consumer tests nationally to show that up to 43% of mince contains these asthma-provoking additives. In 2005 we sent the results to the national regulator FSANZ and the States, who have now taken action: the NSW Government found in a small survey that 58% of mince contained illegal sulphites and have now started prosecutions. The result? Illegal usage has now dropped to <3%. Thanks to all members who helped.

<http://www.smh.com.au/articles/2006/01/26/1138066921552.html>

Finally, a safe sunscreen - Megan Gale Invisible Zinc, no added colours or preservatives, no smell, is tolerated well by the most sensitive members in our Network, available at David Jones for \$29.95 for 150g, health food stores and also by mail order:

www.adorebeauty.com.au/adorebeauty/viewItem.asp?idproduct=2491

Sue Dengate nominated for Australian of the Year – Sue was very touched and surprised to hear this week that she had been nominated as an Australian of the Year for her voluntary services helping families with food intolerance. Thank you to the unknown people who supported this nomination!

Junk food link to mental illness – changes in diet over the last 50 years appear to be an important factor behind a significant rise in mental ill health, say two new British reports 17/1/2006. <http://www.smh.com.au/articles/2006/01/16/1137260004122.html>

Sugar free sweeteners: new [Factsheet](#)

Food additives attack nervous system A new study on food additives shows they may interact to interfere with the development of the nervous system. When researchers at the University of Liverpool examined the toxic effects on nerve cells in the laboratory using a combination of four common food additives - aspartame, monosodium glutamate (MSG) and two artificial colours in concentrations that theoretically reflect the compound that enters the bloodstream after a typical children's snack and drink, the additives stopped the nerve cells growing and interfered with proper signalling systems. The mixtures of the additives had a much more potent effect on nerve cells than each additive on its own. More details: Lau K and others, Synergistic Interactions Between Commonly Used Food Additives in a Developmental Neurotoxicity Test, Toxicol Sci 2005 Dec 13 (see www.pubmed.com for abstract) More from <http://society.guardian.co.uk/health/news/0,8363,1671820,00.html>. Note that quinoline yellow (104) was previously banned in Australia but has been permitted since 2003.

Archived 12/3/2006

MSG and obesity MSG has been linked to obesity in a study by a team of Spanish and German scientists who found that when given to rats at concentrations only slightly higher than those found in human foods, MSG (flavour enhancer 621) caused a massive 40 percent increase in appetite. More details: Hermanussen and others, Obesity, voracity and short stature: the impact of glutamate on the regulation of appetite, Eur J Clin Nutr 2005 (www.pubmed.com); www.euroresidentes.com/Blogs/Spain_News.htm. It is ironic that many low-fat, low-salt foods now promoted by 'healthier' school canteens contain MSG or related flavour enhancers to compensate for lower salt content.

A2 Milk Readers report improvements in children's behaviour, skin rashes, gut problems and nasal symptoms due to A2 milk. In Australia you can buy A2 milk under the a2 milk brand, now also in Victoria (selected Coles and Safeway) and NSW, see www.a2australia.com.au for your nearest stockist. In the UK, there are reports of similar improvements including psoriasis due to buffalo milk (which also contains the a2 milk protein), available in selected Waitrose supermarkets or see www.buffalohouse.co.uk. This milk freezes well, so you can buy a batch and thaw when needed.

Vitasoy soon to be BHA free: latest news is that this will happen early in 2006 – we'll let you know when. Thanks to Nicole, Elisa, Robin and all others who emailed or phoned to complain about BHA 320 - legally unlisted - in Vitasoy soy and rice milk.

URGENT 5/12/2005 Free diet and behaviour management program for children aged 4-12 with behavioural problems. If you live within driving distance of RMIT University, Bundoora, Vic, [more information](#).

Aspartame dangers 30/11/2005: EU processors will have to wait longer to find out if they can continue to use aspartame, after the EU's food safety regulator said it had still not received evidence from an Italian research centre indicating that the artificial sweetener causes cancer. Researchers at the Ramazzini Institute for cancer research in Italy caused a stir earlier this year

by claiming that their study shows that aspartame causes lymphomas and leukaemia in female laboratory animals "at doses very close to the acceptable daily intake for humans". The authors of the study also say that while rats fed aspartame ate less food, there was no difference in body weight between treated and untreated animals.

<http://www.foodproductiondaily.com/news/printNewsBis.asp?id=64231>

Congratulations to Joanne van Os on the publication of her fascinating book '**Outback Heart**: the powerful true story of life with Rod Ansell, known by many as "the original Crocodile Dundee". Joanne created the popular rat cartoons in the Fed Up series.

Donations: For the past eleven years, Sue has given all proceeds of her books and talks and her fulltime efforts to running the Food Intolerance Network, helped by Howard. As you know, your Network does not receive funding from any industry or lobby group so as to ensure scrupulous independence. Lately, several people have asked how they can help financially, so we are pleased to acknowledge their assistance at the DONATION button below. This will enable us to make more brochures available, to upgrade to colour brochures, maybe to get some professional help with the website and to undertake more extensive lobbying on behalf of all those affected by food.

Archived 7/11/2005

Flavours not safe – despite continuing reassurance from Australian and NZ regulators, Europe's watchdog continues to wade through the risk assessment of 1000 flavouring substances, concluding that seven out of eight in the latest batch need more data to determine 'reliable exposure'.

<http://www.foodnavigator.com/news/ng.asp?n=63411&m=2FNEO26&c=jzvfzfdcuwjqo>

Spam website – a spam website fedupwithfoodadditives.com appears to have just been created by the food industry to draw web traffic away from the Food Intolerance Network and has infringed copyright on the use of the term Failsafe. It seems we have their attention so maybe they'll soon start taking nasty additives out of our food too!!

Sunset yellow risk – food additive 110 has just been found to contain traces of banned cancer-causing Sudan 1 colour in the UK, whose Food Standards Agency have alerted colour manufacturers. <http://foodnavigator.com/news/ng.asp?id=62974>

Reaction to facial cosmetic – if there is anyone who has had a bad reaction to any facial cosmetic and is willing to talk about it, please contact Today Tonight nbland@seven.com.au or 03 9697 7827.

Breaking arm news – Sue broke her arm while walking the 230km Larapinta Trail in Central Australia, so the revision of the Fed Up and the Failsafe Cookbook will be delayed until she can type again. Until these are back in the bookstores, we recommend Fed Up with ADHD and extra recipes on this website.

Bread preservative on national TV again – watch out for **Today Tonight** segment in week starting 29 August.

New handy wallet card – food manufacturers are fighting back by using words rather than numbers on their ingredient lists, since consumers are avoiding nasty additive numbers. Print out the new [Nasty Additives](#) card with words and numbers. Scott's [wallet card](#) is still useful too.

FSANZ releases Total Diet Study of sulphites, benzoates and sorbates – the 21st Australian Total Diet Study (August 2005) showed that a significant proportion of the population takes in more than the Acceptable Daily Intake (ADI) of sulphites and benzoates, particularly for children

ages 2-5 yrs who may be taking in up to four times the sulphite ADI. Since these figures are based on food consumption in 1995 (!), before the explosion of dried-fruit based snacks for kids, they seriously underestimate actual consumption. For instance, the Food Intolerance Network has reliable reports of preschoolers who were consuming **twenty times the ADI for sulphites**. The FSANZ [report](#) still manages to conclude that “there is currently no clinical evidence that high dietary exposure to sulphites and benzoates can cause adverse effects in humans”, ignoring World Health Organisation [evidence](#) among others. See Factsheets on [Asthma](#) and the [Dangers of Dried Fruit](#).

Another major food chain bans additives – On top of the UK Iceland chain and the huge Birdseye company in the UK, the Co-op chain has just banned a raft of food additives along with MSG from all its own-brand food products. <http://www.foodnavigator.com/news/news-ng.asp?id=61213-co-op-bans-additives>

“Artificial nasties” It's official! Food additives can be described as artificial nasties according to the UK's Advertising Standards Authority. The ASA today supported the frozen food giant Birds Eye's advertisement "Other curries contain artificial nasties. Ours don't" against a complaint of misleading advertising from a rival food manufacturer. This decision ends decades of Alice-in-Wonderland insistence by food regulators that food additives are safe despite consumer reports of ill health, children's behaviour and learning problems, and death due to food additives. www.foodqualitynews.com/news/printNewsBis.asp?id=60829

Here are some real treats for you and your kids, being made by a failsafe mum. I can't believe that they are failsafe! They look so professional. www.smashi.com



2005 TALKS: Over 700 people heard Sue speak at talks in Gladstone, Rockhampton, Townsville and Cairns in the week 6-9 June. Thanks to Michelle in Gladstone, and to Barbara, Dianne and Leesa of the Playgroup Association of Queensland for their efforts to help people deal with the effects of food additives and other food chemicals. And thanks to Andra, Linda, Professor Ken Buckle, Andrea, Helen, Chris, Bernard and Carol who helped organise talks in August for hundreds of parents in Alice Springs, Newcastle, Sydney, Grafton and Wollongong. Thanks to Daniel and Cath for their help in organising talks for 600 school children and 400 parents in Sale and Bairnsdale (Victoria) in early October. Thanks to Barbara and Mark and their Qld Playgroup helpers for the opportunity to talk to over 500 interested people in October, and to Brumbys for the chance to talk to 450 bakers and suppliers at their national conference.

Archived 30/6/2005

“Artificial nasties” It's official! Food additives can be described as artificial nasties according to the UK's Advertising Standards Authority. The ASA today supported the frozen food giant Birds Eye's advertisement "Other curries contain artificial nasties. Ours don't" against a complaint of misleading advertising from a rival food manufacturer. This decision ends decades of Alice-in-Wonderland insistence by food regulators that food additives are safe despite consumer reports of ill health, children's behaviour and learning problems, and death due to food additives. www.foodqualitynews.com/news/printNewsBis.asp?id=60829

A Current Affair (Channel 9) screened another powerful item about food additives on Monday 20 June, following up on the story below. The ill effects of food additives are becoming a matter of huge public concern in Australia:

- **A Current Affair (Channel 9) 6 June 2005** <http://aca.ninemsn.com.au/stories/1886.asp>
- **Today Tonight (Channel 7) 6 June 2005**
<http://seven.com.au/todaytonight/story/?id=21105>.

When will Australia's regulators act? See the [Dirty Dozen](#) list.

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AUGUST 2005

ALICE SPRINGS NT Thursday 4 August 7.00pm: Sue Dengate, "Fed Up with Children's Behaviour". Living Waters Lutheran School Hall, Albrecht Drive (turn off Larapinta Drive). \$5, all welcome, Sue's books for sale. Contact Andra 08 8952 8057, 0419 030 020.

NEWCASTLE NSW Monday 15 August 9.30 – 12.30pm: Sue Dengate, "Fed Up with Children's Behaviour?" The Federation of P&F Associations. Victor Peters Suite, 841 Hunter St, Newcastle West. No cost, Sue's books for sale. Bookings required by 10 August to 02 4979 1303 pnf_federation@mn.catholic.edu.au.

SYDNEY NSW Tuesday 16 August 9.00 – 11.00am: Sue Dengate, "Fed Up with Children's Behaviour". University of NSW School of Food Science and Technology. Room 149, Old Main Building. Food Safety class students and staff only.

SYDNEY NSW Tuesday 16 August 8.00pm: Sue Dengate, "Fed Up with Children's Behaviour". Kesser Torah College P&F Association, cnr Blake and Napier Sts, Dover Heights – open to all. \$10 per person or \$15 per couple. Sue's books for sale. Contact Michal mrev@bigpond.net.au or 02 9386 1446 or 0432 159 655 and Andrea danbarr@bigpond.net.au or 02 9389 3125.

SYDNEY NSW Wednesday 17 August 7.00 – 9.00pm: Sue Dengate, "Fed Up with Children's Behaviour". NSW Association for Gifted and Talented Children. Ravenswood School for Girls, cnr Cecil St and Pacific Hwy, Gordon. Open to all, light supper provided and Sue's books for sale. NSWAGTC & SPELD \$20, non-members \$25. Booking form

available at www.nswagtc.org.au or email bookings@nswagtc.org.au or fax 02 9633 6799.

THIRROUL (BULLI & WOLLONGONG) NSW Thursday 18 August 7.30 to 9.30 pm (Bookings from 7.00 pm): Sue Dengate "Interested in Finding Out How Foods Can Affect Children's Behaviour and Health?" South Coast City Church (Above Ruttys Real Estate) cnr Lawrence Hargrave Drive and Railway Parade, Thirroul. \$10.00. Sue's books for sale. Enquiries: Bernard 02 4229 8595 or Carol 02 4285 2405 or bernardjt001@ozemail.com.au.

GRAFTON NSW Wednesday 24 August 5.45 pm: Sue Dengate, "Fed Up with Children's Behaviour". South Grafton School Hall. \$10 with a light supper before the talk at 5.15pm. Tickets at South Grafton High School, Madden's Newsagency (93 Prince St Grafton) or Newman's Newsagency (South Grafton). Contact Chris chrisp1@hotmail.net.au

TVNZ 18/4/2005: See the Close Up film clip and story on the Failsafe diet
http://tvnz.co.nz/view/tvone_minisite_story_skin/507967?format=html

Thanks to Scott for this handy [wallet card](#) on additives to avoid.

Archived 30/5/2005

Junk food phaseout 23/3/2005: The UK government has introduced plans to phase out junk food in school meals. According to a recent UK TV program, schools have to manage on a meals budget of only 37p - about the price of a can of cheap dog food - to buy ingredients for a child's two course lunch. Main courses have consisted largely of heavily processed fast food made from mechanically recovered meat, large quantities of fat and salt, and a great deal of artificial flavourings and additives. More at www.foodproductiondaily.com - "Industry welcomes UK plans to phase out school junk food".

Talks for parents 20/3/2005: In March Sue gave 6 talks to over 450 people from Caloundra to Melbourne. Many thanks to the local organizers of these talks, who put a huge effort into spreading the word about food intolerance and problems in our food supply. It was inspiring to recognise the efforts that parents are willing to make to help their children. Also notable was the presence at several talks of food manufacturers, including some very large indeed, indicating an increasing level of awareness.

Two lessons from the talks:

- If the Failsafe diet is not working as well as you expect, make sure that you can say yes to all the issues in the [Checklist of Common Mistakes](#). It can take only one mistake to stop the diet working.
- Take salicylates seriously. It is easy to allow higher levels to creep into your daily life until problems recur.

Further [talks](#) for parents:

MAY 2005

CANCELLED DUE TO ILL HEALTH: MELBOURNE SUNBURY VIC Monday 9 May 2005 at 9.30am - 12pm: Jenny Saal (Midwife and food intolerance counselor) Sunbury Community Health Centre 12-28 Macedon St Sunbury. Bookings 9744 4455. Price to be confirmed.

Archived 20/3/2005

MARCH 2005

COFFS HARBOUR NSW Tuesday 8 March 2005 at 6.30 for 7.00pm (note change of time): Sue Dengate, "Fed Up with Children's Behaviour". Starlight Room, Coffs Harbour Catholic Club, West High St, Coffs Harbour. \$10. Further information Belinda 02 6654 8504 bge@optusnet.com.au

. An interested audience of 150 people asked lots of questions. Thanks to Belinda, David and the Coffs Harbour NSW Association for Gifted and Talented Children.

CALOUNDRA QUEENSLAND: FOSTERCARE QUEENSLAND ANNUAL CONFERENCE Sunday 13 March 9.00-10.30am Rydges Oasis Resort, Caloundra. Sue Dengate "Fed Up with Children's Behaviour". Registrants only.



BRISBANE QLD Tuesday 15 March 2005 at 10.00am for 11.00am: Sue Dengate "Fed Up with Children's Behaviour". The Autism Spectrum Disorders Carers Support Group at the Relaxation Centre of Queensland, cnr Brookes and Wickham Streets, Fortitude Valley. Bring a plate to share, the meeting will not cater for children, Sue's books for sale. To register ring the Relaxation Centre at 07 3854 1986.

BRISBANE QLD Wednesday 16 March 2005 at 7.30pm: Sue Dengate "Learn how foods can affect behaviour". Mansfield Primary School Hall, Ham Rd, Mansfield. \$8 prepaid or \$10 at the door, supper provided, Sue's books for sale, the evening will not cater for children. Cheques payable Mansfield State School P&C, c/o 12 Picardie Close, Mansfield 4122. Enquiries to Anne 0401 583 114 or ahurman@optusnet.com.au.

MELBOURNE VIC Thursday 17 March 2005 at 7.00-9.30pm: Sue Dengate, "Fed Up with Children's Behaviour". Fruitful Vine Church Auditorium, corner Major Cres and Kelletts Rd, Lysterfield (entrance is off Kelletts Rd), \$5. Enquiries to Kathleen 03 9762 8105 daaly@bigpond.net.au or Jenny R. 03 9544 2804 jennyrav2003@yahoo.com.au.

MELBOURNE VIC Friday 18 March 2005 at 12.30-3.00pm: Sue Dengate, "Fed Up with Children's Behaviour". Holy Family Church Hall, 236 Stephenson's Rd, Mt Waverley (parking is available until 3pm so session will conclude promptly), \$5. Enquiries to Kathleen 03 9762 8105 daaly@bigpond.net.au or Jenny R. 03 9544 2804 jennyrav2003@yahoo.com.au.

1/9/2004 Today Tonight (Channel 7) featured food additives and depression, filmed in Adelaide. See also the newly updated [depression factsheet](#).

When Appleton Central High School in Wisconsin adopted a healthy food program for their students five years ago, the change in diet took a school that was "out of control" and changed it to one with no dropouts or expulsions, far fewer class disruptions and no vandalism. Now all the schools in the district have adopted the same program. Read about it at <http://www.weac.org/GreatSchools/2003-04/may04/supersize.htm>, or see it (briefly) in the brilliant movie Supersize Me, now showing at a cinema near you.

6/7/2004 Bird's Eye, the huge frozen food manufacturer, is removing additives from all its products in the UK, a move that could send shockwaves through the lucrative but under-fire ready meals sector...[read](#)

25/5/2004 ** 'Ban artificial food colourings' **

Food additives should be banned to prevent hyperactivity in children, say UK experts.

<http://news.bbc.co.uk/go/em/fr/-/1/hi/health/3742423.stm> **Channel 10 National News will feature the bread preservative on Monday 19 July!**

Note changes to two Melbourne talks:

******Changed: SUNBURY VIC Thursday 29 July 2004: Now Sue Dengate** at the Sunbury Baptist Church, 207 Gap Rd, Sunbury. Gold coin donation - no need to book just come on the night. Enquiries to Sharon S. 03 9740 6851.

******New: ALPHINGTON VIC Friday 30 July:** Sue Dengate at St Anthony's Primary School, 52 Austin St, Alphington. \$5, babes in arms only please. Please ring for bookings to Sharon F. 03 9482 3762 (Note that this has been moved forward from 6 August).